



*Functional Training at its Finest!*

LouKa Tactical Training  
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## **Leadership and Defensive Tactics for the Female Officer-Workshop**

**Location:** Albany Police Department 2600 Pacific Blvd SW, Albany, Oregon 97321

**Register by going to:** [www.loukactical.com](http://www.loukactical.com) \*\*Space is limited to 24 participants

**For logistical information contact:** Merab Smith [Merab.Smith@cityofalbany.net](mailto:Merab.Smith@cityofalbany.net)

**When:** June 13-14, 2022

**Time:** 0800-1700      **Fee:** \$459.00

**Purpose:** The purpose of this custom 2-day workshop is to provide opportunities to explore the various roles of leadership that exist in today's law enforcement culture. We will look at opportunities to lead at every level, power base theory, discuss the power of mentoring and the future women will play in the profession. Day two is hands on. We will look at techniques and tactics to improve the female officer's control options to improve her performance in a physical confrontation. Participants will explore body platform positioning and movement, whole-body explosive striking techniques, and close quarter counter measures to name a few.



**Requirements:** Attendees are required to wear functional clothing, gun belts based on assignment, elbow, knee pads and mouthguards are recommended \*\*\*A water source and simple carbohydrate is also highly recommended.



**About LouKa Tactical:** In business since 1999 it is the largest female owned and operated company of its kind with a diverse cadre of instructors with unique talents. Co-owner Lou Ann Hamblin retired from law enforcement having served for 22 years working uniform and training as well as undercover to include a special assignment with the DEA. She holds a master's degree in performance technology from the University of Michigan. She is a certified firearms and defensive tactics instructor and has trained over 4700 women in pistol classes alone. She instructs internationally in the areas of instructor development, custom training for specialty units and female officers. She is a board member for the International Association of Law Enforcement Firearms Instructors and Advisory Board Member for the International Law Enforcement Educators and Trainers Association.

**Lt. Toni Weinbeck** has been with the City of Brooklyn Park, MN since 2004. Toni has held positions of patrol officer, SRO, and community liaison. She holds a 3<sup>rd</sup> degree black belt in Tang Soo Do, has trained in Kali, Kenpo, Krav Maga, and competes in Muay Thai as well as holding a master instructor certification with LockUp teaching at a national level. Toni holds a master's degree in Public Safety Administration.



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